



WILBRAHAM SENIOR NEWS



45B Post Office Park • Wilbraham, MA 01095

Phone (413) 596-8379 • Fax (413) 596-8546

Volume 21, 8

AUGUST 2015

ANNUAL ROTARY PICNIC

WEDNESDAY, AUGUST 19

12 NOON at SPEC POND PAVILION

Free BBQ Dinner, Raffles, Entertainment!

Open to all Wilbraham Seniors. Sign up at front desk



BONE CAMP

Bone Camp is an interactive look at Osteoporosis, the disease, prevention, and the latest research on exercises that improves bone health. Denise Pontbriand, PTA, CSST of Vantage Sports & Rehab, LLC will present a summary of the disease, modifications of activities of daily living and appropriate exercise for the osteoporosis population. Denise has worked as a physical therapist assistant for over 30 years. She holds a certification as a senior strength trainer. She created an acute care protocol for compression fracture protocol at an area hospital. She is a certified instructor in the "Meeks Method" in the treatment of osteoporosis. She has completed "Therapilates" a safe Pilates program for clients with Osteoporosis. Call 596-8379 to sign up. **Date: August 10, 10AM.**



HOME REMEDIES

Michelle Croze, owner of Harmony Way in Springfield, MA, is a local herbalist and specialist in alternative/holistic healing modalities, meditation, fitness and wellness. On **August 17th, 10am**, Michelle will teach you how to make your own home remedies for common health issues, so you can feel safe about what you put on/in your body without any toxic chemicals. Some of the simple recipes she will share will be an achy muscle and joint salve, a detoxifying tub soak for aches and pains, a common headache and sinus remedy using essential oils, and a delicious, soothing herbal iced tea for summer that can actually help to lower blood pressure. You will be able to try some of what is prepared if you attend. Michelle will answer questions from participants about health, natural stress relief and pain management, and wellness/fitness. Michelle will share recipes with all attendees. Sign up at 596-8379.

Free Auto Workshop Seminar Ask the Expert!

Mark Whitney brings over 35 years of experience to us. He is providing his expert car advice and support to the Wilbraham Senior Center Seniors **Monday August 24th @ 10 am**. A must do event in August. Save hundreds even thousands \$\$\$\$\$. Ask the important questions. Get the inside information and facts before you buy/ lease or sell that Car or SUV. Topics include but not limited to: How to get the best deal ever; How to find the perfect car for you; The pros and cons of selling a car; The importance of having a plan; Having a wing-man and why; Just good car stuff to know. Please sign up by calling 596-8379.



HEALTH & FITNESS PROGRAMS

HEALTH PROGRAMS

Free Blood Pressure Readings, **Tuesdays, 11- 12 noon.**

Foot Care Nurses, **August 13,**
Cost is \$29.



Foot Doctor Cindy Galavotti, **Au-
gust 5** and cost is \$35. Call 596-8379 for an appointment. Also available for home visits.

Baystate Hearing Aids, **August 12,** 10 a.m to 12 noon, for free hearing aid cleanings & hearing screenings. Free in-home service also available. Call to sign up.

SHARPS containers are available **FREE** at center, with list of where they can be returned when full.

FITNESS PROGRAMS

**Senior Center Fitness Equipment— re-
cumbent bike and treadmill.** A Dr's. note and training by Mary Ellen is required prior to first use. See Mary Ellen if you have any questions.

Line Dancing on **Wednesdays at 1:40 p.m.**
Beginner Line Dance class on **Fridays at 1:40 p.m.**

Tai Chi, **Wednesdays** at 9 a.m. **FREE!**

Zumba Gold—**Wednesdays at 11 am & Fri-
days at 10:30 am, \$5.**

Chair Exercise, **Tues. & Thurs. at 10 a.m.**

Mary Ellen's Adult Exercise Class, **Tuesdays
& Thursdays at 10:40 a.m. FREE!!!!**

Gentle Exercise, **Wednesdays, 10:15 a.m.**

SPA PROGRAMS

Sole Food Reflexology—Dawn Dietrich, certified foot reflexologist, will be at the Senior Center on **August 7, 14, 21** for appointments. Cost is \$10.

MANICURES AT THE CENTER—Manicures by Cathy Rasid, licensed manicurist. Basic Manicure \$10, includes nail shaping, filing, soaking, cuticle and skin conditioning with clear polish. Nail Polish Application \$10, includes nail shaping, filing and Vinyl-Lux Premium Polish. Complete Manicure \$18, includes all above. Call Cathy at 413-335-7422 for an appointment. **August ??.**



CHAIR MASSAGE AT SENIOR CENTER—Chair massages, provided by Ann Ambrose, owner of the Massage Center of Wilbraham, will be offered on the 1st Friday of each month. There is no disrobing involved. Cost is \$10 for 10 minute massage. Call 596-8379 to register for **August 7.** Very relaxing!!

Call 596-8379 for appointments!

HEARING PROGRAM

We will have a seminar on better Hearing August 31 at 10 am - discover why we lose our Hearing, what are the tell tale warning signs of hearing loss? What can be done about it and the dangers of letting it go. We will have a discussion on different types of hearing aids and their benefits and why hearing aids cost so much and what can be done. I also am offering a free hearing screening to anyone who wishes to get it check. Coffee and Donuts will be served Services provided by Discount Hearing - why pay More?....John Caswell has over 25 years of experience working in the Hearing Aid industry and has medical licenses in both Massachusetts and Connecticut

UPCOMING TRIPS

Trip to New York City Wednesday Sept. 16th. Bus leaves at 6:30 am and returns to senior center 9:30PM. Cost is \$35. Registration & payment begins at 8AM Tuesday, August 11th.

Oktoberfest Trip to Platzl Brauhaus Tuesday, October 6th. Hearty German Menu, Beer, Soda and Cider, German Entertainment, Music and Dancing. Bus leaves from Senior Center at 7:15AM and returns at 7:30PM. Cost is \$88. Registration with payment begins at 8AM Tuesday, August 25th.



AUGUST EVENTS



SHINE Representative will be here in August 14. Call for appointment.

BOOK CLUB will meet Thursday **August 20, 1:30**, Book is "the Pearl" by Douglas Smith

QUILTING CLUB, August 13 & 27 at 1:00 p.m.

ATTORNEY DOUGLAS PETERSON, FREE 20 minute consultations on **August 12**. Call for appointment at. 596-8379.

JEWELRY WORKSHOP with Sandy Merrill, will return in September.

MEN'S BREAKFAST in Wilbraham on **Friday, Aug. 29 at 8:30 a.m.** Please call to register—596-8379.

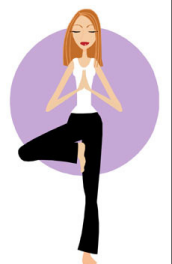
AFTERNOONS: PITCH Mondays, 12:30 p.m., **BRIDGE** Fridays, 1 p.m. **KNITTING ETC.** Tuesdays, 1:00 p.m. **RUG MAKING**, Mondays at 1:00 p.m.

Reiki Now Offered

Reiki is an ancient Japanese form of homeopathic healing that helps with general aches and pains, arthritis, relaxation, and sleep. The Wilbraham Senior Center welcomes Carleen Eve Fischer Hoffman, Reiki Master Practitioner. Carleen will be offering Reiki once a month, on the first Wednesday. Please call her directly at 525-7345 for an appointment. \$10 for 15-20 minute session. Appointments August 5 from 10 am-12:30pm.

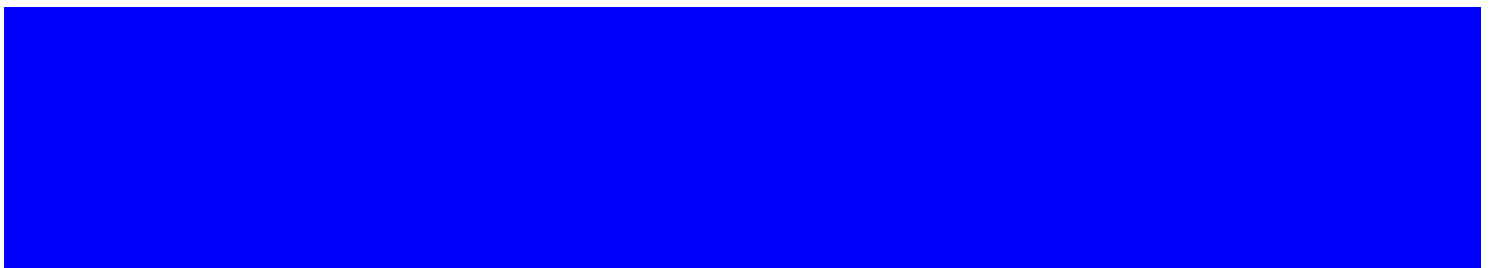
Yoga Classes to be offered

New class starts Friday September 11 from 11:40 to 12:40. Senior Yoga taught by Michelle Croze, owner of Harmony Way and certified yoga instructor. Fun class format is for everyone. Class is only \$5 and is a good way to start your weekend. Register at front desk or by calling 596-8379.



AUGUST 2015

Mon	Tue	Wed	Thu	Fri
3 12:30-Pitch 1-Rug Making Big Y	4 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. Around Town	5 9-Tai Chi 9:30-Podiatrist 10-Reiki 10:15-Gentle Exercise 11-Zumba Gold 1:40-Line Dance Wal Mart	6 10-Chair Exercise 10:40-Aerobics Stop & Shop	7 9-Massage Therapy 10-Reflexology 10:30-Zumba Gold 1-Bridge 1:40-Line Dance
10 10-Bone Camp 10-Fallon Health 12-Senator Lesser's Aide 12:30-Pitch 1-Rug Making 1-Friends Meeting Stop & Shop	11 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. 1:30-Red Hat Meeting Around Town	12 9-Tai Chi 10-Baystate Hearing 10:15-Gentle Exercise 11-Zumba Gold 1-Attorney Peterson 1:40-Line Dance Eastfield Mall	13 8-Foot Care Nurses 10-Chair Exercise 10:40-Aerobics 1-Quilting Big Y	14 9-Outrageous Adventure 9-SHINE Rep. 10-Reflexology 10:30-Zumba Gold 1-Bridge 1:40-Line Dance
17 10-Home Remedies 12:30-Pitch 1-Rug Making Big Y	18 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. Around Town	19 ROTARY PICNIC 9-Tai Chi 10:15-Gentle Exercise 11-Zumba Gold 1:40-Line Dance NO VAN	20 10-Chair Exercise 10:40-Aerobics 1:30-Book Club Stop & Shop	21 10:30-Zumba Gold 10-Reflexology 1-Bridge 1:40-Line Dance
24 10-Car Advice Expert 12:30-Pitch 1-Rug Making Stop & Shop	25 10-Chair Exercise 10:40-Aerobics 11-Blood Pressure 1-Knitting Etc. 1-Friends Board Mtg. Around Town	26 9-Tai Chi 10:15-Gentle Exercise 11-Zumba Gold 1:40-Line Dance Holyoke Mall	27 10-Chair Exercise 10:40-Aerobics 1-Quilting Big Y	29 8:30-Men's Breakfast (Wilbraham) 10:30-Zumba Gold 1-Bridge 1:40-Line Dance
31 10-Hearing Program 2:30-Pitch 1-Rug Making Big Y				



LITTLE KNOWN FACTS ABOUT YOUR SENIOR CENTER...



We sell the orange dump bags for the recycling center

We sell PVTA bus tickets at a discounted price

We have a medical equipment loaning closet

We accept retired US Flags for the boy scouts

We have a public use computer and printer

We have fitness equipment (treadmill, elliptical, recumbent bike) for use,
after providing a note from your physician

We offer free SHARPS containers



KNOX BOX'S AVAILABLE TO THOSE WHO QUALIFY

The Senior Center has a Knox Box program? The Knox Box is a small square box that hangs on your front door. It is a secure emergency access program developed for Wilbraham seniors who meet certain criteria, such as living alone or with a medical condition. The master key is controlled by the Fire Department and when there is a medical emergency, the Knox Box allows firefighters and paramedics immediate entry into your home without delay or forced entry damage to doors. Homeowners store keys in high security Knox Boxes mounted at the homes front entrance. A nominal donation is requested annually and those donations help purchase additional boxes. If you have a Knox Box, look for your annual letter from Barbara, requesting the nominal donation of \$12. If you are interested in having a Knox Box placed on your home, please call Barbara at 596-8379 to see if you qualify.



Thanks to those who have donated to the Friends of Wilbraham Seniors, Building Fund and Senior Center:

Senior Center Donations

Fusco, Shirley
The Woods
Landers, Judy/Tom
McCarthy, Veronica
Senecal, Kathy
Dahdah, Joseph
Sherbow, Patricia
Magee, Al/Sue
Singiser, Margaret/John
Asbeck, Virginia

Friends Donations

Anon
Bond, Jeannette
Emery, Thelma
Flanagan, Madeline
Geoffino, Olga
Hibbert, Kay
Marra, Antoinette
McCarthy, Veronica
Piaget, Barbara
Polom, Mary
Shaban, D

Building Fund Donations

Steve
Anchor House
Neighborhood Pizza
St Cecilia Catholic Womens Club
WSC Kathy Hunter, Line Dancers

DINING OUT
AT
GREGORY'S RESTAURANT
AND PIZZA PUB
2391 Boston Road, Wilbraham



August 13, 2015
Lunch and Dinner

Coupons are available at the Wilbraham Senior Center and also may be obtained at the raffle table on the day of the event. Coupons are good for lunch and dinner. Call 596-3500 for reservation of 4 or more.

Future Schedule of Friends of Wilbraham Senior Events

August 4 (Tuesday) Mohegan Sun Casino Bus Trip-Bus, Dining & Gambling Chit

August 19 (Wednesday) Fun Filled Day At The Rotary Picnic at Spec Pond

September 17 (Thursday) Villa Rose Dine Out September 20 (Sunday) Stage show "XANADU" Chatham, NY Bus, Buffett, & Show

October 6 (Tuesday) Mohegan Sun Casino Bus Trip-Bus, Dining & Gambling Chit

October 22 (Thursday) Steaming Tender Dine Out

November 21 (Saturday) Holiday Bazaar at the Gardens of Wilbraham

RED HAT YAYA SISTERHOOD OF WILBRAHAM

Well it is August already. Our new year will start this month with an event is on August 23. It is the Stageloft Theater and dinner at Neighborhood Pizza and Pasta House. At that time we will have an informal installation of officers. Jane Soukup (596-6046) is chairlady for this event. At press time, all theater tickets are gone but you can join us at the restaurant. In September there is nothing official planned at this time. For October we are planning our pot luck luncheon. I am looking for chair ladies for some events, please come help. November we are planning a trip to Smith College for the flower show. December 10th will be our Christmas party at Ludlow Country Club. I am your Chairlady (596-9938). January we will be doing our Let's Do Lunch, no place at this time has been selected. February we are doing a Mardi Gras Party. March we want to do some kind of spa lunch. April will be fashion show or something. May we would like to do a winery and lunch at a pizza place in Ct. June at trip to Tower Hill with lunch at a restaurant in the area. If you have not rejoined or would like to join please contact Deb Gormley (547-6583). Please remember all checks for anything are to be made out to Red Hat YaYa Sisterhood of Wilbraham. Also unless otherwise told please wear our traditional red and purple. And just a note if it is your birthday month you may wear a purple hat at any event that month. This is my last year as Queen Mom let's make it one to remember. Stay cool.

Your Queen Mom,
Kathy Phipps

Help us save on postage—receive this newsletter by email!

If you would like to start receiving the monthly newsletter by email, please send a request with your **name and address** to: pdubord@wilbraham-ma.gov Each month you will be one of the first to receive the newsletter and help us save money.



community calendar

Open House at the Old Meeting House Museum, 450 Main St. Sunday, August 9 2:00-4:00 with an illustrated TALK at 2:15 "The Underground Railroad Ties to Wilbraham & Springfield" including the role of Wesleyan Academy, now Wilbraham & Monson Academy. Event is FREE and open to the public.

Seniors play free pool EVERY DAY at Frankie B's Billiards & Sports Bar, located at 2957 Boston Rd in Wilbraham. Free play is Monday through Friday, 3 to 6 pm, and Saturdays and Sundays, 12 noon - 6pm. Questions? Call Frankie B's at 596-2423.



VETERANS OFFICE NEWS

Under Chapter 115 of Massachusetts General Laws, the state provides a uniform program of financial & medical assistance for indigent veterans and their dependents. Qualifying veterans and their dependents receive necessary financial assistance for food, shelter, clothing, fuel, and medical care in accordance with a formula which takes into account the number of dependents and income from all sources. Eligible dependents of deceased veterans are provided with the same benefits as if the veteran were still living. To see if you qualify, please contact Richard Prochnow. Call **596-8379** for Veteran's Agent.

Public Health Nurse—Lyme disease continues to be a concern in Wilbraham and Massachusetts. As in previous years, Wilbraham is reporting multiple cases of tick born disease. Health care professionals strongly encourage use of preventive measures for both people and their pets when outdoors. Lyme disease is the most commonly reported tick-borne disease in Massachusetts. So, what can you do? Prevention begins with you! Visit The Wilbraham Health Information Center located at the Wilbraham Senior Center. For additional information on tick-borne illness, surveillance and prevention please visit www.mass.gov/dph/tick or call the DPH Epidemiology Hotline at [\(617\) 983-6800](tel:6179836800).

Tips for Preventing Heat-Related Illness

The best defense is prevention. Here are some prevention tips: Drink more fluids (nonalcoholic), regardless of your activity level. Don't wait until you're thirsty to drink. Warning: If your doctor generally limits the amount of fluid you drink or has you on water pills, ask him how much you should drink while the weather is hot.; Don't drink liquids that contain alcohol or large amounts of sugar—these actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps; Stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall or public library—even a few hours spent in air conditioning can help your body. Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off.; Wear lightweight, light-colored, loose-fitting clothing. **NEVER leave anyone in a closed, parked vehicle.**

ADS

DIRECTOR OF ELDER AFFAIRS:

Paula Dubord

ACTIVITIES/VOLUNTEER**COORDINATOR:**

Mary Ellen Schmidt

SOCIAL SERVICES**COORDINATOR/VETERAN'S****ADMINISTRATIVE ASSISTANT:**

Barbara Harrington

VETERAN'S AGENT:

Richard Prochnow

PUBLIC HEALTH NURSE:

Lee Giglietti, BS, RN, BSN

MEAL SITE DIRECTOR:

Ruth Bretta

SENIOR AIDE:

Jim Hiersche

WEEKLY VOLUNTEERS

Office: Ann Beardsley,

Evelyn Morris, Adell Teschendorf,

Jackie Daniels, Dorothy Soja

Ginnie Rickert

Van: Peter Siuda, Gary Babineau

**IF YOU WISH TO UNSUBSCRIBE
FROM THIS NEWSLETTER
PLEASE CALL THE SENIOR
CENTER AT 596-8379**

ANNUAL NEWSLETTER FEE OF \$5 payable to the "Friends of Wilbraham Seniors". Donations to the Friends of Wilbraham Seniors accepted at:

PO Box 705
Wilbraham, MA 01095

Meals served Mon and Tues at 11:45 a.m. in the lunch room. Reservations must be made the day before by 10:00 a.m. Call 781-8800, ask for Jean in nutrition. \$2.00 donation requested.

**FRIENDS OF WILBRAHAM SENIORS
WILBRAHAM SENIOR CENTER
45B POST OFFICE PARK
WILBRAHAM, MA 01095-1179**

RETURN SERVICE REQUESTED

Nonprofit Organization
U.S. Postage Paid
Springfield MA
PERMIT NO. 2853

**SENIOR CENTER HOURS:
Monday-Friday, 8:00-4:00**

PVTA Van Service

available by calling 739-7436.

Newsletter available online at
www.wilbraham-ma.gov

COUNCIL ON AGING MEMBERS:

Chairperson: Trant Campbell

Vice Chair: Robert Page

Secretary: Ellen O'Brien

Members: Theresa Munn, Gilles Turcotte,
Marie Valentine, Diane Weston, Father
Panteleimon Klostri

Meeting: 1st Wednesday of each month at
the Senior Center at 4:00 p.m.

The Wilbraham Senior News is mailed monthly by the Friends of Wilbraham Seniors, Inc., for the Council on Aging. Typed contributions accepted by the 8th of each month mailed to:

Wilbraham Senior Center
45B Post Office Park
Wilbraham, MA 01095

Phone (413)596-8379 Fax (413)596-8546
Email: pdubord@wilbraham-ma.gov

SENIOR CENTER VAN TRIPS**MONDAY TRIPS:**

Aug 3—Big Y

Aug 10—Stop & Shop

Aug 17—Big Y

Aug 24—Stop & Shop

Aug 31—Big Y

WEDNESDAY TRIPS

Aug 5—Wal-Mart

Aug 12—Eastfield Mall

Aug 19—NO VAN

Aug 26—Holyoke Mall

THURSDAYS TRIPS

Aug 6—Stop & Shop

Aug 13—Big Y

Aug 20—Stop & Shop

Aug 27—Big Y

Pick ups begin at 9:00 a.m. All bus trips are \$2 round trip. Please call 596-8379 to sign up for any of these trips. Space is limited to the first 12 callers.

Around Town Trips on Tuesdays—call to reserve a seat!

Call 596-8379 to sign up today.

